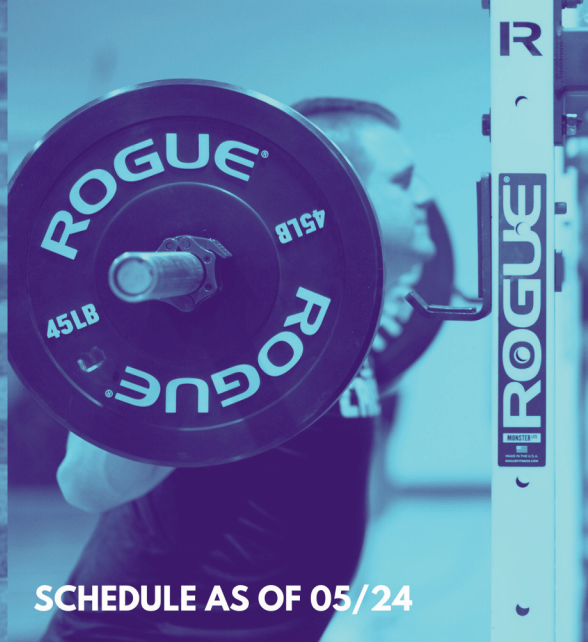




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PREMIER



SCHEDULE AS OF 05/24

NEW BOX + BURN WITH PROFESSIONAL BOXER, PAISLEY DAVIS!

DAY	TIME + CLASS	STUDIO + MAX PARTICIPANTS
MON	5:30 AM POWER HOUR LIFTING + CORE	GYM (MAX 20)
	5:45 AM TRX FUSION	PREMIER STUDIO (MAX 8)
	8:30 AM PILATES REFORMER LEVEL 1	PILATES STUDIO (MAX 4)
	5:30 PM POWER HOUR LIFTING + CORE	GYM (MAX 20)
	5:30 PM PILATES REFORMER LEVEL 1	PILATES STUDIO (MAX 4)
TUE	5:30 AM POWER HOUR CARDIO + CORE	PREMIER STUDIO (MAX 8)
	12:30 PM PILATES REFORMER LEVEL 2	PILATES STUDIO (MAX 4)
	5:30 PM POWER HOUR CARDIO + CORE	GYM (MAX 20)
	NEW 5:30 PM BOX + BURN	PREMIER STUDIO (MAX 8)
WED	5:30 AM POWER HOUR LIFTING + CORE	GYM (MAX 20)
	5:45 AM CORE CONDITIONING TORQUE	PREMIER STUDIO (MAX 8)
	8:30 AM PILATES REFORMER LEVEL 1	PILATES STUDIO (MAX 4)
	5:30 PM POWER HOUR LIFTING + CORE	GYM (MAX 20)
THU	5:30 AM POWER HOUR CARDIO + CORE	GYM (MAX 20)
	5:30 PM POWER HOUR CARDIO + CORE	GYM (MAX 20)
	NEW 5:30 PM BOX + BURN	PREMIER STUDIO (MAX 8)
FRI	5:30 AM POWER HOUR LIFTING + CORE	GYM (MAX 20)
	5:45 AM RUMBLE	PREMIER STUDIO (MAX 8)
	8:30 AM PILATES REFORMER LEVEL 3	PILATES STUDIO (MAX 4)
	9:00 AM TRX FUSION	PREMIER STUDIO (MAX 8)
	12:00 PM POWER HOUR LIFTING + CORE	GYM (MAX 20)
SAT	8:00 AM POWER HOUR COMBO (CARDIO + CORE + LIFTING)	GYM (MAX 20)

NOT PREMIER? ASK FRONT DESK FOR A CARD TO TRY ANY PREMIER CLASS!